

TOWARD A LESS HARMFUL CIGARETTE, A Workshop Held at the World  
Conference on Smoking and Health, September 11-13, 1967  
National Cancer Institute Monograph 28, 1968.

## INTRODUCTION

The particulate matter in cigarette smoke, commonly called tar, has long been known to contain carcinogenic chemicals, while nicotine, also in tobacco smoke, is highly toxic and is suspected of being a cause of cardiovascular disease, particularly coronary thrombosis. It has been well established that the degree of health damage caused by cigarette smoking is related to dosage as indicated by the amount smoked, the degree of inhalation, and the length of time that one has smoked.

The American Cancer Society, therefore, has long urged measures to reduce the tar and nicotine in cigarettes smoked by individuals who are unable or unwilling to give up smoking. To aid in the accomplishment of this, we first urged the Federal Trade Commission to permit and later urged the Commission to require that information concerning the tar and nicotine of cigarette smoke be provided on cigarette packages and in cigarette advertising. This information, we feel, would permit individuals who wish to do so to select cigarettes with a low tar and nicotine content and would encourage tobacco companies to produce and market low tar-nicotine cigarettes.

The reason that the American Cancer Society and the National Interagency Council on Smoking and Health have said little about this is that we do not wish to detract from efforts to get smokers to stop smoking and to discourage non-smokers, particularly boys and girls, from starting the habit. We have feared that publicity concerning the possibility of less harmful or so-called "safer" cigarettes would encourage youngsters to think that before smoking would cause them any harm, "safe" cigarettes would be available. We were concerned also that such publicity would lead to false hopes relative to the actual safety of cigarettes that can be produced.

However, in a conference such as this, we feel strongly that frank scientific discussion about the possibilities of developing cigarettes that will be less harmful and still satisfying to smokers is an important aspect of our efforts to reduce the tragic toll of illness, disability, and premature death caused by cigarette smoking.

The National Interagency Council on Smoking and Health, therefore, wishes to express its appreciation to Dr. Ernest L. Wynder who has organized this "work group"

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and to those of you who have accepted his invitation to participate. We hope that you will discuss with complete frankness all aspects of this difficult, controversial, but important, subject and that out of your discussions will come suggestions and guidelines for future research and developments in this field.

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